

## FY2015 CHNA&HIP Progress Report

### Lucas County

#### Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Our goal is to promote healthy eating habits, adequate physical activity and the negative factors resulting from being obese or overweight. By doing these activities our goal is to decrease the number of overweight/obese individuals from 29% to 20% by January 2015.	Lucas County Health Center, Hy-Vee Food Stores, Chariton Community School District and Lucas County Public Health working together to provide education on the benefits of a healthy lifestyle and monitoring the effectiveness of the education. Will start in the schools and work with teachers and students on healthy eating and exercise.	We have not had any progress on this strategy. Did have a wellness coalition that met several times last year, but the group lost "steam" and we haven't met again. Would like to get the coalition going again as is important to help with strategy and goal.
	Try to secure funding to develop a healthy lifestyle marketing campaign and obtain materials for distribution throughout the community.	No progress on this strategy.
	Continue with Healthy University classes at Lucas County Health Center that are held every 6 months. Continue to stress the importance of a healthy BMI at each class.	Lucas County Health Center continue to offer Healthy University classes and focus on healthy BMI, nutrition, exercise.
	Lucas County Extension (affiliated with Iowa State Extension) to continue working with the schools and community groups with funding through the Harkin Grant and Basics Grant.	The extension does go into the elementary schools to teach the students about healthy eating.
	Lucas County Public Health will continue to educate at risk pregnant mothers and mothers of children age 0 to 3 on appropriate nutrition and physical activity through the NEST program.	Lucas County NEST continues to provide educational classes to pregnant moms, moms of children age 0 to 3 years on importance of nutrition and physical activity.
	The WIC program will continue to promote healthy eating habits to their clients.	WIC continues to provide services to Lucas County and promote healthy eating.